



# SEPTEMBER 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>To Contact a Breastfeeding Peer Counselor near you:</b> <b>Counselor:</b> (443) 262-4423, press 1 for the BFPC line <b>Danya Benton RN, IBCLC:</b> (410)-758-0720 ext: 4510 (BFPC Coordinator) <b>Upper Shore WIC Program:</b> Q.A.'s (443)262-4423 Kent (410) 810-0125						
		<b>1</b> <b>UMD-Easton</b> -10-11:30 –Breastfeeding Support Group -410-822-1000 ext:5200 - FREE <b>Union Hospital – Elkton</b> -10-11:30am – Breastfeeding Mom's Cafe -(443)245-7305 -FREE	<b>2</b> <b>Anne Arundel Medical Center</b> -7pm – Breastfeeding basics -(443)481-5555 -\$40	<b>3</b> <b>Union Hospital – Elkton</b> -10-11:30am – Breastfeeding basics -(443)245-7305 -\$20	<b>4</b> <b>Anne Arundel Medical Center</b> -7pm – Breastfeeding and the working mother Support Group -(443)481-5555 -FREE	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b> <b>Union Hospital – Elkton</b> -10-11:30am – Breastfeeding Mom's Cafe -(443)245-7305 -FREE	<b>9</b> <b>Anne Arundel Medical Center</b> -7pm – Breastfeeding basics -(443)481-5555 -\$40	<b>10</b> <b>Anne Arundel Medical Center</b> -9am – Breastfeeding support group -(443)481-6985 -FREE <b>YMCA – Easton</b> 9:30-11am – Breastfeeding Support Group -FREE	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b> <b>Union Hospital – Elkton</b> -10-11:30am – Breastfeeding Mom's Cafe -(443)245-7305 -FREE	<b>16</b> <b>Anne Arundel Medical Center</b> -7pm – Breastfeeding basics -(443)481-5555 -\$40	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b> <b>Union Hospital – Elkton</b> -10-11:30am – Breastfeeding Mom's Cafe -(443)245-7305 -FREE	<b>23</b> <b>Anne Arundel Medical Center</b> -7pm – Breastfeeding basics -(443)481-5555 -\$40	<b>24</b> <b>Anne Arundel Medical Center</b> -9am – Breastfeeding support group -(443)481-6985 -FREE	<b>25</b>	<b>26</b>

27	28	<b>29</b> <b>Union Hospital – Elkton</b> -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE	<b>30</b> <b>Anne Arundel Medical Center</b> -7pm – Breastfeeding basics -(443)481-5555 -\$40	<b>Services:</b> - <b>Peer Counselor program</b> - peer counselors are moms just like you that have been on WIC and breastfed, they offer BF support on an individual basis - please call: 443-262-4423 and press 1 for the BFPC line.- <b>International Board Certified Lactation Consultant / Registered Nurse</b> – Available to answer medical and breastfeeding questions – please call: (410)-758-0720 ext: 4510
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# OCTOBER 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>To Contact a Breastfeeding Peer Counselor near you:</b> <b>Counselor:</b> (443) 262-4423, press 1 for the BFPC line <b>Danya Benton RN, IBCLC:</b> (410)-758-0720 ext: 4510 (BFPC Coordinator) <b>Upper Shore WIC Program:</b> Q.A.’s (443)262-4423 Kent (410) 810-0125		<b>Services:- Peer Counselor program</b> - peer counselors are moms just like you that have been on WIC and breastfed, they offer BF support on an individual basis - please call: 443-262-4423 and press 1 for the BFPC line.- <b>International Board Certified Lactation Consultant / Registered Nurse</b> – Available to answer medical and breastfeeding questions – please call: (410)-758-0720 ext: 4510		1	<b>2</b> <b>Anne Arundel Medical Center</b> -7pm – Breastfeeding and the working mother Support Group -(443)481-5555 -FREE	3
4	5	<b>6</b> <b>UMD-Easton</b> -10-11:30 –Breastfeeding Support Group -410-822-1000 ext:5200 - FREE <b>Union Hospital – Elkton</b> -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE	<b>7</b> <b>Anne Arundel Medical Center</b> -7pm – Breastfeeding basics -(443)481-5555 -\$40	<b>8</b> <b>Anne Arundel Medical Center</b> -9am – Breastfeeding support group -(443)481-6985 -FREE <b>YMCA – Easton</b> 9:30-11am – Breastfeeding Support Group -FREE	9	10
11	12	<b>13</b> <b>Union Hospital – Elkton</b> -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE	14	<b>15</b> <b>Union Hospital – Elkton</b> -10-11:30am – Breastfeeding basics -(443)245-7305 -\$20	16	<b>17</b> <b>Union Hospital – Elkton</b> -9-11:30am – Breastfeeding basics -(443)245-7305 -\$20
18	19	<b>20</b> <b>Union Hospital – Elkton</b> -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE	<b>21</b> <b>Anne Arundel Medical Center</b> -7pm – Breastfeeding basics -(443)481-5555 -\$40	<b>22</b> <b>Anne Arundel Medical Center</b> -9am – Breastfeeding support group -(443)481-6985 -FREE	23	24

25	26	<b>27</b> <b>Union Hospital – Elkton</b> -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE	<b>28</b> <b>Anne Arundel Medical Center</b> -7pm – Breastfeeding basics -(443)481-5555 -\$40	29	30	31

 <h1>NOVEMBER 2015</h1> 						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	<b>3</b> <b>UMD-Easton</b> -10-11:30 –Breastfeeding Support Group -410-822-1000 ext:5200 - FREE <b>Union Hospital – Elkton</b> -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE	<b>4</b> <b>Anne Arundel Medical Center</b> -7pm – Breastfeeding basics -(443)481-5555 -\$40	5	<b>6</b> <b>Anne Arundel Medical Center</b> -7pm – Breastfeeding and the working mother Support Group -(443)481-5555 -FREE	7
8	9	10	11	12	13	14

		<b>Union Hospital – Elkton</b> -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE	<b>Anne Arundel Medical Center</b> -7pm – Breastfeeding basics -(443)481-5555 -\$40	<b>Anne Arundel Medical Center</b> -9am – Breastfeeding support group -(443)481-6985 -FREE <b>YMCA – Easton</b> 9:30-11am – Breastfeeding Support Group -FREE		<b>Union Hospital – Elkton</b> -9-11:30am – Breastfeeding basics -(443)245-7305 -\$20 <b>Union Hospital – Elkton</b> -11:45-12:30– Expression & Storage -(443)245-7305 -\$20
15	16	<b>17</b> <b>Union Hospital – Elkton</b> -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE	<b>18</b> <b>Anne Arundel Medical Center</b> -7pm – Breastfeeding basics -(443)481-5555 -\$40	19	20	21
22	23	<b>24</b> <b>Union Hospital – Elkton</b> -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE	25	26	27	28
29	30	<b><u>To Contact a Breastfeeding Peer Counselor near you:</u></b> <b>Counselor:</b> (443) 262-4423, press 1 for the BFPC line <b>Danya Benton RN, IBCLC:</b> (410)-758-0720 ext: 4510 (BFPC Coordinator) <b>Upper Shore WIC Program:</b> Q.A.’s (443)262-4423 Kent (410) 810-0125		<b><u>Services:- Peer Counselor program</u></b> - peer counselors are moms just like you that have been on WIC and breastfed, they offer BF support on an individual basis - please call: 443-262-4423 and press 1 for the BFPC line.- <b>International Board Certified Lactation Consultant / Registered Nurse</b> – Available to answer medical and breastfeeding questions – please call: (410)-758-0720 ext: 4510		